



WHAT TO BRING ON PROGRAM

Footwear				
Sturdy Trainers	No Crocs	No Flip-flops	No Sandals	Water Shoes
				

The "Five Essentials"				
1 litre Water Bottle	Sun Hat	Sun Cream 30+ SPF	Mosquito Repellent	Rain Jacket (Waterproof with hood)
				

Item	Checklist
Sturdy trainers or hiking shoes (Sandals, flip flops and Croc's are not allowed)	
Small Backpack (with two shoulder straps and large enough to hold a packed lunch and the starred items below)	
A one litre water bottle (or larger)*	
Sun cream (minimum SPF 30+)*	
Insect repellent*	
Rain jacket (Waterproof with hood)*	
Sun hat or cap*	
Water shoes e.g. Pak fan yue or water sports shoes (Sandals, flip-flops and Croc's are not allowed)	
Swim suit (May be required for other activities apart from swimming)	
Towel	
Warm jumper	
Pen or pencil and small notepad	
I.D. Card (Passport and/or China Travel Card for all China or overseas programs, please double check required visas and all expiry dates)	
Large Backpack (Suitcases are usually NOT suitable for Dragonfly programs)	
1 set of T-shirts, shorts/trousers and underwear for each day of the program	
A spare set of clothes (t-shirt, shorts, underwear)	
Toiletry bag (tooth brush, tooth paste, soap, shampoo, sanitary pads etc)	
Torch, flashlight or headlamp	
Spare glasses and/or contact lenses	
Sleeping Mat	
Sleeping Bag	
Personal bowl, cup and eating utensils	

COLD WEATHER OR WET WEATHER

Please double check the weather forecast before you come on program and please pack accordingly. Hong Kong from November to March can have cold weather. Please pack the following in addition to any other items required: Warm coat, jumpers and sweaters, long pants/trousers, thermal underwear, gloves, warm hat and scarf.

OPTIONAL EQUIPMENT

Camera, sunglasses and reading book. Please DO NOT bring MP3 players, electronic games, or large amounts of cash.